



# Adult Karate

RKA Family Karate offers martial arts programs for adults 16 & up. We offer classes in traditional Okinawan Karate with additional bite. The program we offer to the adults was developed and taught to police departments and S.W.A.T. teams throughout the world. The techniques we teach have been field tested. They are taught to you in a safe and controlled environment.

All classes are 8 weeks long and will be held at RKA Family Karate located at 8 Roosevelt Ave in Somerville.

**Session #1** September 27 to November 20, 2004.

**Session #2** November 22 to January 15, 2005.

**Session #3** January 17 to March 12, 2005.

## Class Days and Times:

Monday/Wednesday 8:00-9:00pm	Friday 6:30-7:15pm
Tuesday/Thursday 7:15-8:15pm	Saturday 12:30-1:30pm

**Cost:** \$70.00 for one class a week or \$125.00 for two classes a week. Participants are required to purchase a uniform for \$30.00 (this is a discounted price for our Bridgewater-Raritan residents, a 40% savings!) All checks made payable to "RKA Karate". If signing up for more than one session, separate checks are required.

For more information about RKA Family Karate visit [www.somervillekarate.com](http://www.somervillekarate.com).

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

**Three ways to register!** In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the "REC" mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday [www.bridgewaternj.gov](http://www.bridgewaternj.gov)

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## Adult Karate

- ☐ one class a week - \$70.00 "RKA Karate"
- ☐ two classes a week - \$125.00 "RKA Karate"
- ☐ uniform - \$30.00 "RKA Karate"

Last Name: _____	First Name: _____	Circle _____
Mailing Address: _____	Town: _____	Zip: _____
Home Phone #: (     ) _____	Work Phone #: (     ) _____	
Cell Phone #: (     ) _____	E-mail Address: _____	

## Check Class Days and Times:

## Check Session:

____ Monday/Wednesday 8:00-9:00pm	____ Friday 6:30-7:15pm
____ Tuesday/Thursday 7:15-8:15pm	____ Saturday 12:30-1:30pm

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Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

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